



**Cedar Veterinary Group**  
**How to Start Brushing Your Dog's**  
**Teeth**



- ❖ Daily tooth brushing is the single most effective way of keeping your dog's mouth healthy and disease free. Take your time over getting your dog used to tooth brushing - don't try and do everything perfectly on Day 1. Expect the training to take **up to 6 weeks** until you and your dog are happy with this new daily routine.
- ❖ Don't get disappointed or frustrated with your progress. It has to be fun & whatever you achieve will benefit your pet's health
- ❖ Special toothpastes have been developed that are safe for pet use. These toothpastes are made in attractive flavours, such as chicken, which pets will enjoy.
- ❖ Don't forget to replace the toothbrush every 3 months
- ❖ One day start brushing on the left hand side of the mouth and work round to the other side and the next day start on the right to ensure even cleaning

**Stage 1**

Choose the same time every day to get into a routine - ***make it fun, either go for a walk, throw a ball or feed afterwards as a reward.***

Hold your pet as if you are cuddling him/her. Gently stroke the outside of the cheeks with your finger only (no brush) and slowly lift the lips on each side for about 30 seconds. Reward, praise and treat at the end of each session.

Continue daily for 1 week before moving onto next stage.

**Stage 2**

Place a 10 pence piece size of CET toothpaste on your finger and let your dog sample it.

Place one arm around your pet's neck and then using your index finger wipe the toothpaste around your pet's teeth and gums starting at the front. Over the next week work up to getting your finger further back on both sides of the upper and lower jaw and increase the time spent doing it starting ***from 20 seconds up to 1 minute.***

**Stage 3**

Place some toothpaste onto the toothbrush and holding your dog as above let them lick it off the toothbrush to get used to the bristles. Then starting on the small front teeth slowly move the brush in a circular movement over each tooth. Remember not to try and do too much initially. Over a period of weeks you can gradually increase the length of time you spend trying to ensure the brush works up to the gum line and therefore increase the effectiveness of the cleaning. ***Aim to achieve 1 minute of each side of the mouth.***

**Give your pet something to smile about....fresh breath and a happier, healthier life.**